

JULY | AUGUST | SEPTEMBER

2022

SUMMER

*Health*



Five

# SUMMER HEALTH 2 0 2 2

Summer is upon us with a lot more heat ahead! Join us in learning about staying healthy and how to protect our well-being in these dog days of summer.

“Health is a state of body. Wellness is a state of being.”

*-J. Stanford*

# FOODS IN SEASON



Nothing beats a slice of cold watermelon on a hot day. Check out these other tasty foods in season right now.

## BERRIES AND MELONS

**Blueberries**  
**Strawberries**  
**Raspberries**  
**Blackberries**  
**Cherries**  
**Grapes**  
**Cantaloupe**  
**Honeydew**

## GOURDS AND OTHER VEGETABLES

**Cucumbers**  
**Squash**  
**Zucchini**  
**Corn**  
**Tomatoes**

# SUN PROTECTION

## EYES

---

According to the Skin Cancer Foundation, ultraviolet radiation from the sun can damage your eyes, including causing cataracts, macular degeneration, corneal sunburns and conjunctival cancer. To prevent sun damage to your eyes, wear sunglasses whenever you're outside (all year round). Wear a hat when out in the sun for long periods of time and find shade to sit under whenever possible.

## SKIN

According to the CDC, UV rays are the cause of most skin cancers; it's important to protect yourself from them all year round but especially in the summer. Protect your skin with a broad-spectrum sunscreen of SPF 15 or higher and wear clothing that covers your skin. Try to stay in the shade, and avoid going outside when the sun is at its strongest. Wear sunscreen every day. Find a moisturizer with SPF that's safe for your face and eyes.



# HEAT PROTECTION

The heat can have a giant impact on the way we feel. While sunshine and Vitamin D keep us feeling happy and relaxed, extreme heat can leave us feeling sluggish and weak and even puts us at the risk of heat exhaustion. The Mayo Clinic defines heat exhaustion as a condition where your body overheats. It may include heavy sweating, rapid pulse and heat cramps and could even lead to heatstroke. The good news is that heat exhaustion is preventable:

- Stay hydrated: Dehydration is the leading cause of heat exhaustion.
- Wear loose and light clothing.
- Stay out of extremely hot or bright sun.

# SUMMER ACTIVITIES BENEFICIAL FOR YOUR HEALTH

When taking these precautions, summer can be a great way to enjoy more time spent in nature. Take advantage of the warm weather before fall gets here.

## GO FOR A SWIM

Swimming is an easy way to exercise that's great for your heart and blood pressure.

## ATTEND A FARMER'S MARKET

Drumright Monthly Market is held on the first Saturday of every month from April through December, 8 a.m. to 2 p.m., at 103 E. Broadway Ave. Drumright, OK 74030.

## GO FOR A HIKE

Hiking is another great form of exercise that's beneficial for your heart and muscles. Some really awesome places for hiking in Oklahoma are the Wichita Mountains, Broken Bow and Medicine Park.

## GO ON A BIKE RIDE

You guessed it! Biking is a wonderful form of exercise. If scenic routes are your thing, check out [Travel Oklahoma's list of Oklahoma's trails and events.](#)



# MAKE A FUN SUMMER RECIPE

Frozen fruit pops are easy cold treats to make with your kids at home on a hot day. Kids or no kids, these popsicles are yummy!

## FUN LOCAL SUMMER ACTIVITIES

**Cocktail Cruise with Oklahoma River Cruises:** Oklahoma River, Oklahoma City, Fridays and Saturdays, June-September.

**VIBES:** Held in Edmond on the first Thursday of April-October. Experience arts, live music and great food.

**LIVE! on the Plaza:** Held in OKC's Plaza district on the second Friday of each month. The art walk includes local artists, live music and local shopping.

**Paycom Center presents Kevin Hart:** Aug. 14 at 7 p.m.

**ZOObrew:** Try locally brewed beers while listening to local music at the OKC Zoo and Botanical Garden on Sept. 30.

**Attend an Oklahoma City Dodgers baseball game:** Cheer on the Dodgers at Chickasaw Bricktown Ballpark all summer long.

